



Classic Inca Trail 4 Days The Road to Machu Picchu

Trip Description

The trail transforms on day three as you **traverse** a stunning stretch offering panoramic views of the Vilcabamba range. **Explore** Phuyupatamarca, the "City above the Clouds," before **descending** through a lush cloud forest to **discover** the exquisite terraces of Intipata and the breathtaking site of **Wiñay Wayna**. The trek **culminates** before dawn on day four: **hike** to **Inti Punku (Sun Gate)** to **witness** Machu Picchu appear, bathed in the first light of sunrise. After a comprehensive guided tour of the citadel, you will **descend** to Aguas Calientes and **return** to Cusco via the Expedition train, having successfully completed this historic journey.

An Ancestral Route to the Heart of the Andes

Tour Type: Cultural trekking, adventure, living history

Total Distance: 45 km / 27 miles

Duration: 4 days / 3 nights

Difficulty: Moderate to high

Recommended for: Travelers in good physical condition seeking an authentic, private experience of the Inca Trail.

Why Choose This Tour?

At **Terres des Incas**, we believe the Inca Trail is not only walked with your feet — but also with your soul. This journey is designed for small private groups who wish to experience the trail in a more personal, meaningful, and exclusive way.

You'll sleep under the stars, accompanied by our chefs, porters, and expert guides who will take care of every detail so that you can simply live the experience.

Itinerary

Day 1 Cusco - KM 82 - Llactapata - Ayapata



From the Sacred Valley to the First Steps of the Qhapaq Ñan Early in the morning, we pick you up from your hotel in Cusco and drive to **KM 82**, the official starting point of the Inca Trail. Before setting off, enjoy a freshly prepared breakfast in the open air.

After registering at the checkpoint, begin your hike on a gentle trail for about 2.5 hours until you reach **Llactapata**, an impressive archaeological site overlooking the Sacred Valley.

We then continue toward **Tarayoc** for a picnic lunch surrounded by nature. In the afternoon, hike for another two hours to **Ayapata (3,300 m / 10,827 ft)**, where our team will have your campsite ready.

Included:

- Private transport from Cusco
- Breakfast, lunch, dinner & snacks
- Professional bilingual guide
- Full camping equipment
- Personal porter
- Dining and toilet tents
- Welcome tea and hot dinner under the stars

Day 2 Ayapata - Warmiwañuska - Runkurakay - Chaquicocha

The Toughest Day, the Most Unforgettable One Wake up to a warm cup of coca tea before beginning the ascent toward the legendary **Dead Woman's Pass (Warmiwañuska, 4,215 m / 13,829 ft)** — the highest point of the trail.

Descend to **Pacaymayo Valley** for a scenic lunch, then continue upward toward the **Runkurakay** ruins. Follow the ancient stone path to **Sayacmarca**, one of the most remarkable Inca complexes.

We arrive at **Chaquicocha (3,600 m / 11,811 ft)** in the late afternoon for rest and dinner.



Included:

- Professional bilingual guide
- Full camping equipment
- Breakfast, lunch, dinner and snacks
- Personal porter
- Guided visits to Runkurakay and Sayacmarca
- Afternoon tea, hot dinner & evening cultural talk

Day 3 Chaquicocha - Phuyupatamarca - Wiñay Wayna

A Day of Panoramic Beauty and Spiritual Calm After breakfast, follow one of the most beautiful stretches of the trail with stunning views of the **Vilcabamba mountain range** until reaching **Phuyupatamarca** — “the City above the Clouds.”

We then descend through a lush cloud forest to **Intipata's** terraces and continue to **Wiñay Wayna**, considered the most beautiful archaeological site on the entire trail.

Tonight, we enjoy our **farewell ceremony** with the porters and kitchen team, celebrating this journey together.

Included:

- Breakfast, lunch, dinner and snacks
- Professional bilingual guide
- Full camping equipment
- Guided visits to Phuyupatamarca, Intipata, Wiñay Wayna
- “Happy Hour” with hot drinks
- Farewell dinner with Andean thanksgiving ceremony



Day 4 Wiñay Wayna - Machu Picchu - Aguas Calientes - Cusco

The Dreamed Day: Machu Picchu at Sunrise We start before dawn to reach the final checkpoint early. After a 1.5-hour hike, you'll arrive at **Inti Punku (Sun Gate)** — where Machu Picchu appears before you, bathed in the first light of dawn.

Upon entering the citadel, enjoy a **2-hour guided tour** of its temples, terraces, and sacred enclosures, followed by free time to explore or hike **Huayna Picchu** (optional, with prior reservation).

Later, descend by bus to **Aguas Calientes** for lunch (not included) before taking the **Expedition train back to Cusco**, where our driver will drop you off at your hotel.

Included:

- Breakfast
- Entrance to Machu Picchu
- Guided tour (2 hours)
- Shuttle bus Machu Picchu - Aguas Calientes
- Expedition train to Cusco
- Private transfer to your hotel

What's Included

Pre-Trek Preparation

- Pre-departure briefing with your guide in Cusco to review the itinerary, equipment, and safety information
- Assistance with final trek preparation and logistics

Transportation



- Private transportation from your hotel in Cusco to KM 82 (official starting point of the Inca Trail)
- Expedition train from Aguas Calientes to Ollantaytambo or Cusco
- Private transfer from the train station to your hotel in Cusco

Professional Guides

- Experienced **professional bilingual guide (English / Spanish)** throughout the entire trek
- Guided visits to all archaeological sites along the trail
- **2-hour guided tour of Machu Picchu Citadel**

Permits and Entrance Tickets

- Official **Inca Trail permit** issued by the Peruvian Ministry of Culture
- Entrance ticket to **Machu Picchu Archaeological Sanctuary**

Camping Equipment

- High-quality **four-season camping tents** (shared)
- Comfortable **sleeping mats**
- Dining tent with tables and chairs
- Kitchen tent for meal preparation
- Portable toilet tent

Porters and Trekking Staff

- **Personal porter service** to carry your duffel bag (up to the permitted weight limit)
- Professional cook preparing fresh meals on the trail
- Complete porter team for equipment and camp logistics

Meals During the Trek

- All meals during the trek (3 breakfasts, 3 lunches, 3 dinners)
- Nutritious snacks and refreshments during the hike



- Morning wake-up coca tea service
- Afternoon tea with hot drinks and snacks
- Freshly prepared meals by our trekking chef
- Welcome breakfast on Day 1 before starting the hike
- Special farewell dinner with the trekking team

Additional Services

- Drinking water provided during the trek (boiled and filtered)
- First aid kit and oxygen bottle carried by the guide
- Cultural explanations and interpretation of Inca history and Andean traditions

Machu Picchu Transportation

- Shuttle bus from **Machu Picchu to Aguas Calientes**

What's Not Included

- Sleeping bag (available for rent if needed)
- Trekking poles (optional, available for rent)
- Personal travel insurance
- Breakfast on the first morning before hotel pickup (unless specified)
- Lunch in **Aguas Calientes** after visiting Machu Picchu
- Entrance ticket to **Huayna Picchu Mountain** or **Machu Picchu Mountain** (optional and subject to availability)
- Additional personal porter service beyond the standard weight limit
- Alcoholic beverages and personal drinks
- Personal trekking gear and clothing
- Tips for guides, cooks, and porters (optional but customary)



□ Personal expenses during the trip

General Recommendations

Special Recommendations

- Arrive in **Cusco** at least **2 days before** the trek for acclimatization.
- Train with long hikes and wear comfortable, broken-in footwear.
- Bring your **original passport**, sunscreen, insect repellent, poncho, and headlamp.
- Enjoy every step – you're walking in the footsteps of the Incas.

General Advice for Your Inca Trail 4D/3N

Before the Trek

- **Acclimatization:** Arrive in Cusco at least 2 days early to adapt to the altitude.
- **Physical preparation:** Expect 6-9 hours of daily hiking. Regular walks or cardio workouts are recommended.
- **Permit:** Send us a copy of your valid passport to secure your Inca Trail permit (personal and non-transferable).

What to Bring

- Daypack (25-30L) with water, snacks, camera, sunscreen, rain gear, etc.
- Sleeping bag (recommended -10°C) - available for rent.
- Layered clothing, thermal wear, rain jacket, hat, gloves, and reliable trekking shoes (already worn in).
- Trekking poles with rubber tips (required) - available for rent.
- Reusable water bottle or CamelBak (2-3L capacity).
- Headlamp with spare batteries.

Luggage



- We provide a **duffel bag** at the pre-trek briefing for up to 7 kg (including sleeping bag and clothing).
- Items needed during the day must be carried in your personal backpack.

Meals

- Our mountain chef prepares hot, nutritious, and balanced meals daily.
- Please inform us of any dietary restrictions (vegetarian, vegan, gluten-free, etc.) at booking time.
- Daily snacks and filtered drinking water are provided.

Health & Safety

- All guides are trained in first aid and carry oxygen and a complete medical kit.
- **Altitude sickness** can affect anyone — stay hydrated, eat lightly, and rest before the trek.
- Avoid alcohol and heavy meals before starting the hike.

Respect for the Trail

- You're walking along a sacred route — please treat it with respect.
- Do not litter, touch or climb archaeological structures, or collect plants or animals.
- Remember our motto: *Leave only footprints, take only memories.*